KIMBERLY KRANTZ, daughter of Mr. and Mrs. Richard Krantz, was the winner of the "My Farm" poster contest from the Southside District at the Virginia Farm Bureau convention which was held in Norfolk Nov. 30 — Dec. 3. Kimberly's was the winning poster in the contest sponsored by the Appomattox County Farm Bureau Woman's committee, July 1981. It was then entered in state contest. Mrs. Margaret Glover, chairman of the Women's Committee accepted the award in Norfolk for Kimberly.

ASCS today

Announcements made for 1982 farm allotments

By TOM CONRAD

Flue-Cured tobacco allotments, quotas, farm yields and reserve acreage announced for 1982 - Secretary of Agriculture, John Block, has announced the national marketing quota, national acreage allotment, national average yield goals and national reserve for the 1982 crop of flue-cured tobacco as follows:

Marketing Quota - 1,013 million pounds; Acreage allotment - 546,386.19 acres; Average yield goal - 1,854 pounds

Reserve for: New farms or corrections - 100 acres

Adjusting inequities - 100 acres of which Virginia will receive 8.92 acres.

The national acreage factor is 1.00 which indicates that the 1982 acreage allotments will be essentailly the same as in 1981.

Allotment notices will be mailed to farmers on January 5th. After the allotment notices are mailed, spring leasing of tobacco can begin.

USDA requests comments on 1982 burley tobacco marketing quota - The United States Department of Agriculture has requested public comment on a proposal for the 1982 national marketing quota for burley tobacco. The deadline for receiving written comments is Jan. 13.

Current law requires USDA to announce the amount of the quota not later than Feb. 1.

To assist in gathering comments and to provide a forum for discussing burley tobacco supply and demand factors, USDA's Agricultural Stabilization and Conservation Service has scheduled a public meeting in Lexington, KY., Jan. 8. The meeting will begin at 10:00 a.m. in the E. S. Good Barn, University of Kentucky.

Written comments should be sent to the Director, Analysis Division, USDA-ASCS, P. O. Box 2415, Washington, D. C., 20013. Comments will be available for public inspection during regular business hours in room 3741 of USDA's South Building.

Details concerning the burley tobacco quota and other information about the program are scheduled to appear in the Nov. 27 Federal Register.

ASCS saves $21.7 million in FY 1981 - Secretary of Agriculture, John R. Block, presented President Reagan with a symbolic check for $21,717,000 representing fiscal 1981 savings in salaries and expenses by one USDA agency.

The check was presented to Block Thursday by Everett Rank, administrator of the Agricultural Stabilization and Conservation Service. The money will be returned to the U. S. Treasury.

"We should not overlook the potential for savings that come from efficient management of our day-to-day operations," Block said. "This is a tremendous savings for just one agency. It proves that if we put our minds to it, we can accomplish the President's goal of producing savings in government without reducing the quality of services we provide to the public."

Block said the savings resulted from improved personnel staffing and management practices, reduced employee travel and more efficient procedures for purchasing office equipment and supplies.

Acreage questionnaire - The Virginia Crop Reporting Service will mail 11,000 questionnaries to Virginia farmers. It is very important that complete and accurate information is furnished as these reports will have a bearing on ASCS yields.

All reports are strictly confidential and will not be released to any other individual or government agency. Only county totals are publicized.

Farm tour plans made

The regular scheduled meeting of the Steering Committee for the 1982 State Farm Management Tour was held at 7:30 p.m. November 12, 1981, in the County Extension Office. The meeting was called to order by the Chairman, John Hix. Present in addition to Hix were Bob Reynolds, Jim Smith, Sam Waddell, Bob McClenny, Tom Conrad, Sherry Whaley, Bill Sherrod, Dennis Torrence, Albert Carter, Bill Williamson, James Ford and Phillip Seay.

Publicity Committee Chairman, Bill Sherrod, reported they were prepared to order 15,000 brochures with blue and gray as the color. State farm management tour caps were discussed and Bill Sherrod agreed to get a sample. Also he reported they were prepared to get 3,000 sheets of stationery with a letterhead on it. Dennis Torrence made the motion, seconded by Albert Carter that all this be done. The motion was carried.

Bob McClenny reported that we needed 6 farms and only had 5, so the farm selection committee added another dairy farm to the tour. Farms to be visited are Ed Anderson, beef; Harrison Brothers, forestry; Carter Martin, general; Clarence Jones, tobacco; Dennis Torrence and Hix brothers, dairy. Bob McClenny made the motion and seconded by Tom Conrad to accept these farms to be hosts for the tour. Motion was carried.

Traffic Committee Chairman James Ford reported that he had checked on getting Porta Johns and could get 10 for $450.00. Bob Reynolds explained the responsibilities of the traffic committee.

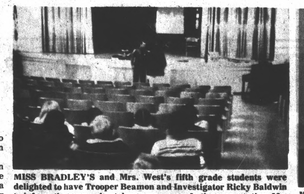
Food Committee Chairman Tod Conrad reported that Pepsi Cola was considerably less on setting up drink booths at each stop. He also reported that 4-H and Boy Scouts would help with the drinks. The price would be divided later. John Mosby Inn and Maudes Restaurants would cater the meal at a cost of $3.00 per plate.

Finance Committee Chairman Dennis Torrence reported that his committee had set a goal of $3500.00. They have a list of 70 prospective business places to solicit money from and intend to write each one a letter and then contact them when they are sure of how much money is needed.

Jim Smith reported on companies he had contacted for flower seed and also said he talked to the people at the National Park and they would have brochures available.

Bob Reynolds reported he had good response from all he had asked to be stop leaders.

The meeting was adjourned to meet again December 9, 1981.



MISS BRADLEY'S and Mrs. West's fifth grade students were delighted to have Trooper Beamon and Investigator Ricky Baldwin to inform the group about drug awareness. In the presentation, Mr. Beamon and Mr. Baldwin presented a filmstrip on how drugs are used and how they affect a person's health. In conjunction with chapter nine in the fifth grade health book, Mr. Beamon proved that smoking and alcohol are both forms of drugs.

Karen Trent (center), President of the Four Leaf Clover 4-H Club, is shown presenting a check in the amount of $15.00 to Dr. Wayne Compton, District 4-H Leader as Wendy Glover, Secretary of the 4-H group, looks on. The club donation will be applied towards the cost of the new swimming pool being constructed at Holiday Lake 4-H Center. The Four Leaf Clover 4-H Club would like to challenge other local community 4-H groups to match their donation to the Holiday Lake Center.

4-H Club News

By TIMOTHY DILLARD **Mrs. P. Jackson's 4-H**

Mrs. West's class met Wednesday, November 11, 1981, with Mr. Frank Sweet. The president brought the meeting to order. After the meeting, Mr. Sweet announced the winners in the pop corn contest that came to an end the last of October. The class sold the highest amount of Pop Corn in the county.

The class participated in the contest, for the purpose of raising money to build a swimming pool at Holiday Lake.

The winners of the contest are: Scott Beamon selling 55 boxes, Timothy Dillard 34 boxes, Anthony McCoy 29 boxes, and Mara Christian 17 boxes.

Mr. Sweet gave the class free ice-cream on Friday at their lunch hour.

The winners will be looking forward to attending 4-H Camp this summer in June.

Mrs. P. Jackson's 4-H met December 1, 1981. Our class president called the meeting to order. Mrs. Shirley Walton talked to our class about strawberry plants that are to be sold to 4-H members parents. She then told us how to make Christmas ornaments out of bread dough and out of straw.

Eugene Franklin
Reporter

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Good news for homemakers

Give genuine gifts

By SHIRLEY W. WALTON
Extension Agent
Gifts That Really Matter!

The holiday season should be a special time, a time to reflect on what is really important and worthwhile. It is a time to give and receive love, and to develop a better understanding of ourselves and those around us. Think of what our world would be like if we had the true spirit of Christmas everyday of the year!

Now, more than ever, we need to differentiate between spending and the commercial aspects of Christmas and the real giving of ourselves. People tend to judge themselves and others by how much they receive from each other. Don't fall into the trap of equating money and expensive gifts with love.

Instead of spending a lot of money, give of yourself instead. Christmas particularly is a time of giving other commodities. Do something thoughtful to help your person. Make something for them or spend time with them. Children also should be taught how to give of their time and talents and the importance of giving as well as receiving.

Those who don't have children or family may be tempted to ignore the holidays. These may be people who you can do some very special something for. We need holidays as a time for relaxation, recreation and in the true sense of the word, a time to reconstitute ourselves as a whole person.

Instead of feeling left out, those who are alone might reach out to others. Many young people would like to have an older person to look up to and help them feel like a whole person. Likewise, older people enjoy contact with young people. People of all different generations can get together to generate a feeling of family togetherness to celebrate the holidays.

Those persons with children should take the time to explain the real true spirit of the holidays to them. Parents should explain the customs and traditions of other faiths to their children. The gift of understanding and sharing is one of the most important gifts that anyone can give to both children and adults.

An elderly lady once siad that if she could give only six gifts to those she loved, she would give: 1. self-confidence; 2. enthusiasm ; 3. compassion; 4. Resilience; 5. hope;, 6. respect. Why not put these on your list to share with your family and friends during her person. Make something for them or spend time with them. Children also should be taught how to give of their time and talents and the importance of giving as well as receiving.

Those who don't have children or family may be tempted to ignore the holidays. These may be people who you can do some very special something for. We need holidays as a time for relaxation, recreation and in the true sense of the word, a time to reconstitute ourselves as a whole person.

Instead of feeling left out, those who are alone might reach out to others. Many impulsively or excessively. Don't take on more payments and debts than you can afford to pay back in the very near future.

Why not make someone a pretty apron. Bake them some cookies or a favorite loaf of bread. These are gifts of love that say a great deal and mean so much to other people.

Let the holidays be a time for loving, sharing and learning. Those are things that money can never buy and are all the more precious because of it.

Homemakers, booklets entitled "Christmas in Appomattox" are available at our office. If you wish a copy, you may call us at 352-8244 or come by to visit us. The cost is $1.00. Or, if you live out of town, you may write us at P. O. Box 488, Appomattox, Va. 24522.

If you have a homemaking problem or question, please let us hear from you. Have a good week, homemakers!

Recipe of the Week
Toffee Bars

Cover cookie sheet with separated graham crackers.

Combine: 1 cup sugar
1 stick margarine
1 stick butter - margarine may be used

Cook for two minutes til dissolved. Sprinkle 1 cup chopped nuts over graham crackers. Pour sugar mix over this. Bake at 350°F. for 10 minutes. Cool and serve.

Many thanks to the Meadowlark Extension Homemakers Club for sharing this delicious recipe with us. They served this at the recent Christmas Open House and was it ever a hit!

Happiness is 4-H

By FRANK H. SWEET
Extension Agent

The County 4-H Public Speaking Contest will be held on Thursday evening, December 17 at 7:00 p.m. at Appomattox Elementary School. Make your plans to attend and hear some great speeches.

* * *

All 4-H Pine Seedling orders are due in the Extension Office by Friday, December 11. Please get these in on time. Orders for trees received after the 11th will not be filled.

* * *

Three varieties of strawberries will be offered to 4-H families and others who may be interested. The varieties offered will be Earlibelle, Surecrop and Delite. 4-H'ers and their families may order the plants until January 20. Plants will be packaged in groups of 25 and will sell for the price of $2.50 for each 25 plants. Most families will harvest an adequate supply of berries for eating and freezing from 25 to 50 plants. Order forms are available from the Extension Office. The plants will be delivered around March 1.

* * *

4-H'ers with an interest in Beef Cattle will want to participate in a special Beef Judging Workshop to be held on Wednesday, December 30 beginning at 10:00 a.m. at the Red House Bull Center. Adults as well as young people are invited to attend the "Open House" at Red House and learn about performance data and how it can be used to evaluate beef cattle. A sponsored lunch will be available on the grounds and the program should be over by 3:00 p.m.

* * *

The District 4-H All Stars will have their annual winter meeting at the District Extension Office in Appomattox on Tuesday evening, December 29 at 7:00 p.m. 4-H All Stars from East Central District are invited to attend, and participate in this important session.

* * *

As we enter the winter season please remember that if schools are cancelled due to weather conditions our normal policy is to postpone 4-H activities scheduled for that afternoon or night. Local exceptions sometimes occur so give us a call if you have questions.

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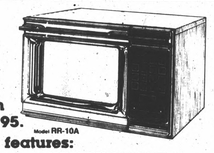

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Use care with tobacco

By JAMES A. SMITH
Extension Agent

There appears to be a considerable amount of flue-cured tobacco that was not sold and must be carried over.

Tobacco is a perishable crop and there are precautions that need to be taken. A letter to flue producers outlines some things that need to be considered.

* * *

One of the favorite Christmas flowers is the subject of a myth-the story is that the Poinsettia is poisonous.

Research at Duquesne University School of Pharmacy says this is incorrect. It is estimated that a 50 pound child would have to eat 500 to 600 leaves to surpass the experimental dose used.

Never-the-less keep children away from plants - some are poisonous and wouldn't a defoliated poinsettia be unattractive!

* * *

Four new roses have been named 1982 All-America Winners. They are: Shreveport, Mon Cheri, French Lace and Brandy.

* * *

There are 581 acres of grapes **in Virginia**; grown by 112 **growers** in 30 counties. A **recent count** showed 17 estate **winners** with two more **scheduled to open** in 1982. Next **year** it's **anticipated** that **another 100 acres** of grapes will **be planted.**

* * *

«Have you considered membership in the Virginia Beef Cattle Improvement Association as a Christmas gift?

Here's a good reason for being a member. When selecting heifers for replacements, you should select those with the heaviest weaning weights and then continue to provide adequate energy in the ration during growth and gestation. Being on a performance program will point out the higher performing heifers.

"The South 40" by JAMES A. SMITH EXTENSION AGENT

Heifers with lighter weaning weights will be slower to reach puberty, later in getting bred, have lower pregnancy rates, have more calving difficulty and up to 30% more calf deaths in the first calving season. In general, heifers need to gain 1.25 to 1.50 pounds per day from weaning until breeding time at 14 to 16 months of age.

* * *

Rumensin looks good for wintering calves gaining over one pound a day. They need to get 150 to 200 milligrams daily. It is available in mineral mixes or with protein supplement. Two reasons - it will increase rate of gain and feed efficiency. The increase in feed efficiency is about 10% - surely worth considering.

* * *

Animals need minerals in winter just the same as summer - don't overlook this important management concept.

* * *

Coming up December 30 is "Open House" at the Red House Bull Evaluation Center. You'll get answered all those questions about beef performance that you never asked. There will be classes of bulls and heifers to judge - not by the traditional means - but based on performance data. Lunch will be served, but we must know who is going by December 18.

* * *

The argument continues as to the effect of fatty acids and cholesterol on human health. Dr. Fred Kummerow research-er at Burnsides Laboratory at the University of Illinois writing in the September - October issue of "Foods and Nutrition News", says that the consumption of fatty acids and cholesterol are vital to human life and do not contribute to premature heart disease. He says that they are so essential that if they are not consumed - they are synthesized in the living body.

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Our ***Dance 'n Shape*** instructors employ various styles and choreographed aerobic routines, but we all use the aerobic concept of conditioning.

A sample workout consists of:

Flexibility: (10 min.) Total stretching of all muscles
Warm-up conditioning: (10 min.) Vigorous toning and conditioning of all muscle groups
Aerobic routines: (30 min.) A combination of dance steps and routines to a variety of music — jazz, disco, country, classical — designed to raise your heart rate to 70% of the maximum.
Cool down: (10-20 min.)Slow dances that allow your heart rate to return gradually to an acceptable recovery level, followed by stretching and yoga.

Benefits of ***Dance 'n Shape***

1. In about 2-3 months you should notice a cosmetic difference in your figure. Each routine is designed to help tone your muscles and in return your muscles become longer and leaner.
2. Weight control — To lose weight you must burn more calories than you consume. You *will* burn fat tissue and build muscle tissue.

Calories burned per hour of aerobics

Body weight in pounds:	100	120	140	150	160	180	200
low	215	230	245	260	275	290	305
moderate	350	375	395	420	445	470	490
high	515	550	585	620	655	690	725

*Your hunger is regulated since rigorous aerobic exercise tends to decrease hunger. After your aerobic workout you can expect to burn twice as many calories resting for up to 6 hours!

3. A regular aerobic program reduces stress and decreases fatigue. The number one cause of chronic fatigue is lack of exercise.
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